

Karatedo, spiritual path

The Japanese martial arts and in particular KarateDo indicate a life path in search of oneself through the relationship with others, in order to investigate on one's aggression, understand where it comes from and how to sublimate it towards courtesy and kindness. Karatedo is a spiritual path that has nothing to do with religious spiritual paths.

We human beings certainly all have to deal with the existence or non-existence of God in some way, but karatedo does not deal with our relationship with a divine being, but exclusively with ourselves, with others, with nature and with the universe.

The spiritual dimension in karatedo exclusively concerns everything that has no bearing on the material dimension. Confusing karatedo with other spiritual paths means distorting its very essence, as it was conceived by its founder Gichin Funakoshi. The spiritual aspect of karatedo has nothing to do with any religion, it does not concern a supernatural entity, but rather the energetic dimension of living beings in relation to the universal energetic dimension and the relationship that man as such has with it.

Karatedo is not in contrast with any religion, its goal is to progress towards a better material and immaterial dimension to achieve harmony with oneself, with others and with nature. This intense daily research activity is a process that takes place without a triangulation with a superior entity. Indeed, on the contrary, it requires absolute taking on direct responsibility for one's actions towards reality, which is indispensable in order to progress towards peace and inner harmony.

Inner peace is the only condition of being that allows karatedo to reach its highest and most noble level, thus making our every action effective.